celeb buzz p/14

Kidman prepares music for birth

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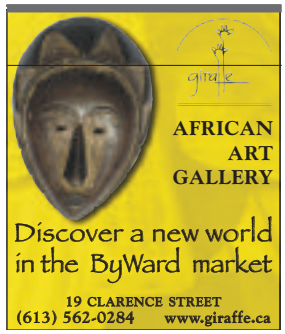
OTTAWA • WEDNESDAY, JULY 2, 2008 metronews.ca



ETIENNE RANGER/FOR METRO OTTAWA

Zoha Khan, 7, of Montreal watches the Canada Day crowds on Parliament Hill from the National Capital Info Centre on Wellington Street yesterday. Hundreds of thousands of people took in concerts and activities at official sites in Ottawa's downtown to mark Canada's 141st year of Confederation.

Doing Canada proud

300,000 hit downtown's parades, performances and fireworks

DEREK GORDANIER
derek.gordanier@metronews.ca

"Perfect" weather helps revellers enjoy celebrations to mark nation's 141st birthday.

A formal flag-raising got it started. A fireworks display capped it off.

In between, 300,000 people flooded downtown Ottawa streets to mark Canada Day yesterday by taking in parades and performances.

"We had perfect weather ... that makes it all the more pleasant," said Chantal Comeau of the National Capital Commission, the host organization for official events.

"It's the best country in the world. What better place to be on Canada Day than in Ottawa?"
Carla Griffiths, visiting from Newfoundland

The day's events were themed to celebrate three milestones this year — the 400th anniversary of Quebec City's founding, the 250th anniversary of parliamentary democracy in Nova Scotia and the 1858 founding of British Columbia.

But it was also a day to indulge in unabashed patriotism. "It's the best country in the world," said Carla Griffiths, a visitor from Newfoundland. "What better place to be on Canada Day, than in Ottawa?"

"Everyday in countless ways we are working together to achieve the greatness our country deserves." Prime Minister Stephen Harper said in his address.

City police reported few serious problems despite crowds that gathered thousands-strong at official celebration sites.

Ottawa's celebrations are the most high-profile, but cities across the country marked Canada's 141st birthday with events of their own. For example:

— In Halifax, musicians and performers in town for the Nova Scotia International Tattoo marched during a Canada Day parade downtown.

— In Calgary, Prince's Island Park was the hot spot as several bands played on three stages and vendors were scattered to serve the up to 80,000 visitors, most waving complimentary mini-flags or dressed in red-and-white attire.

— In Vancouver, fireworks returned for the second year in a row as part of celebrations that started at 10 a.m. at Canada Place with music by 54-40 and Dal Richards, a Canadian Forces air show and the Yaletown Grand Prix bike race.

-WITH FILES FROM TIM WIECLAWSKI AND NATIONAL METRO CONTRIBUTORS.

More coverage on page 2

Guarding tomb leads to teaching experience

It's been two years since Canada Day revellers urinated on the Tomb of the Unknown Solider.

But the passage of time has not meant a let-up in vigilance against it happening again.

Sentries stood at attention at the War Memorial yesterday to prevent a repeat of the 2006 incident in which photos of men urinating on the monument caused an international uproar.

"I think it's a good step and it brings dignity to the site. This is a place of respect," said retired Maj. Michael Pilon, whose photographs sparked a debate on Canada's respect for its war dead.

This year, increased security patrols and a barricade at night complemented the sentries protecting the monument. Thousands stopped for pictures and to speak with soldiers about the sanctity of the monument.

Pilon, who spent some time at the monument yesterday, said sentries occasionally knocked their rifles against the ground to ward people off the tomb.

"After that people would go over and explain the tomb and the monument. It's an educational process. It's really impressive," he said.

TIM WIECLAWSKI/METRO OTTAWA

Metro Ottawa has a new look

Metro has a fresh new look today, designed to help you navigate our daily menu of news, columns, features, tips, recipes, gossip and games.

And we're not just a pretty face. Over the coming months, readers will see a new selection of the best Metro columnists from across Canada, expanded offerings from our own Metro Ottawa columnists such as Tracey Tong, Nadine Doolittle and Kim Mannix Vermette, as well as improved local coverage.

We're the world's largest newspaper and still growing! Read more about Metro's new design on page 4. METRO OTTAWA

Canada page 4
Morgentaler given Order

sports page 8
Injuries plague medal hopefuls

Entertainment page 13
Anne Hines on her first thong

Travel page 10
Quebec offers natural spas

Automotive page 9
Subaru finds 'Cute-Ute' style

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher C. Dave Kruse

CRASH The westbound lanes of Highway 174 were closed to busy Canada Day traffic after a car flipped over. An eastbound car crossed the median into opposing traffic, where another vehicle struck it. The road was closed at the Jeanne D'Arc exit in Orleans. Four people were taken to hospital with serious, but non life-threatening injuries. Police reopened the highway by 1:30 p.m. METRO OTTAWA

Local

Commuters to Gatineau beware! Provincial police in Quebec yesterday began applying a new law banning use of hand-held cellphones while driving, following a three-month grace period. Fines for offenders are $115 and three demerit points.
SOURCE: SURETE DE QUEBEC

Tracey Tong's CityScapes column will return

Police not near jumping woman: SIU

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

City police officers responding to a 9-1-1 call on Monday were nowhere near a woman who apparently jumped to her death from a seventh-storey balcony in Ottawa, a spokesperson for the special investigators said yesterday.

According to Special Investigations Unit spokesman John Yuannou, the Ottawa Police officers were responding to an emergency call from a family member inside the apartment at 945 Richmond Rd., just west of Woodroffe Avenue and had not even gained access to the building when the woman apparently jumped.

"They had buzzed for permission to enter the building, when they were told she had fallen," said Yuannou. "They had not even left the foyer."

Police were responding to a report of an emotionally disturbed woman in the building. Since the woman died during a police response, the SIU was called in to investigate, as is standard whenever a civilian is injured or dies in an incident involving police.

The autopsy on the woman, age 48, will be conducted in Kingston today.

Four investigators and two forensic investigators are examining the circumstances surrounding the woman's death. The director of the SIU reports the results of investigations to the Attorney General.

ETIENNE RANGER/FOR METRO OTTAWA

Canada Day in Ottawa opened yesterday with a historical military parade that marched down Wellington Street to salute the crowd, en route to Parliament Hill to kick off festivities.

Show of red and white pleases visitors

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Surprised foreign visitors got a rare glimpse of unveiled Canadian patriotism here yesterday.

Looking out over Parliament Hill, American Tammy Levesque thought the Canada Day crowds resembled a sea of red.

"It looked like a sporting event, where everyone is for the same team," said the Washington, D.C. resident, who was visiting Ottawa for the first time. "We had a whisper that Canadians are not as patriotic, but we come up here and the flag is everywhere."

"I didn't think it would be really big up here, but it's about the same," her husband Chris Levesque said, comparing July 1 in Ottawa to the ultra-nationalistic July 4 celebrations in Washington.

Karolina Nuutinen, a youth exchange visitor from Finland, got into the spirit, dressing in red-and-white and wearing the Maple Leaf as a cape.

"I'm loving Canada," she said.

Finland celebrates its 1917 independence on Dec. 6, but Canada Day exceeds celebrations back home, said Nuutinen.

"You can't really go celebrating outside. You usually put candles in windows and stuff like that," she said.

"This is so much more fun. I didn't know there would be so much people."

Prashastha Porushothama, from India, has been here four months, working at Nortel, and was surprised by the crowds.

"Colleagues who have been here told me a lot about the celebrations," he said.

"There are a lot of people."

Porushothama likened Canada Day to India's Aug. 15 independence celebration, which marks India's 1947 birth as a sovereign nation.

ETIENNE RANGER/FOR METRO OTTAWA

Canadians' unabashed patriotism — illustrated by groups of people like this one from Barrhaven's John McCrae Secondary School — caught some foreign visitors pleasantly by surprise on Canada Day.

TODAY'S *debate*

Metro asked Canada Day partygoers in Ottawa: What reasons can you think of to be thankful to be a Canadian citizen?

ALIA KHUDAIR-GILMER
Ottawa
We have a lot of good things to be proud of, like the diversity of the people. I'm part Iraqi, but I'm very proud of my Canadian side.

CATHERINE PETERS
Ottawa
We're a really friendly nation. Our peacekeeping is one of the best in the world and we have good relations with other countries. It makes me proud that we can travel and wear our flag proudly.

BRYAN GIBSON
Ottawa
I'm proud to be a Canadian because I can barbecue in my backyard and drink beer and all the things that lead up to that being possible. It's the way this country is run, that allows me to do it.

TIM WIECLAWSKI/METRO OTTAWA

CONTACT US:

E-mail your letters to: ottawaletters@metronews.ca. Metro reserves the right to edit all letters. Please include your name and contact information.

Terry Fox van here for Canada Day on cross-country tour

TIM WIECLAWSKI
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To some, the beige 1980 Ford Econoline van parked on the sidewalk across from Parliament Hill yesterday was an obstacle, or a curiosity.

But to many of those who followed Terry Fox on his Marathon of Hope, it represented a piece of history that was right at home at Canada Day celebrations.

"The response today has been enormous," said Peter Sheremeta, director for Quebec's Terry Fox Foundation. "All these people are reminiscing about Terry. I've met people from England and Portugal who have done Terry Fox runs."

The van is on a cross-Canada tour that began May 25 and will end Sept 14 in Victoria, B.C. The van followed Fox on his cross-Canada marathon to raise money for cancer research, which Fox ran on one prosthetic leg.

The van was considered lost for some time until Terry Fox's brother, Darrell, learned of its whereabouts. Fox knew immediately upon seeing it that it was the same van. The family bought it. The Ford Company paid to restore it.

Ford had originally donated the van for the Marathon of Hope, but after Terry Fox died in 1981 it was returned and sold to an Ontario family for use as a camper van. The owner eventually gave the van to his son.

"It became the property of a Vancouver hard-rock band for a few years," said Sheremeta. "It never let them down, apparently."

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ONLY AT THE BAY

BEAUTY *at the Bay*

New York magazine founder dead at 82

Publishing pioneer Clay Felker, who founded influential New York magazine and promoted the "new journalism" style of reporting, died at his Manhattan home yesterday, the magazine said. REUTERS

Canada & World

Bees escape

A truck containing about 12 million bees overturned on a major highway near the town of St Leonard, New Brunswick, in Eastern Canada yesterday. REUTERS

"You cannot consider someone a criminal for drinking two beers."

Norton Luiz Lenhart, president of Brazil's restaurant federation, about tough new drinking and driving laws. REUTERS

New look, better read

Dear Readers,

"Over the coming months watch for new features, columns and services in Metro, the No. 1 free daily paper in Canada — and help our 950,000 readers joyfully navigate through life."
Dianne Rinehart, Editor-in-chief, Metro Canada

Metro has a bright new graphic look today, designed not only to please the eye, but also to help you navigate our daily menu of news, columns, features, tips, recipes, gossip and games.

And it's not just about a prettier face. Our new design also signals a growing commitment to provide you not only with the day's most important stories, but more news you can use — such as our expanded Workology on Mondays, the new Health section on Tuesdays, Travel guides on Wednesdays, recipes and homes pages on Thursdays, and more music and movie reviews on Fridays.

Our crisper, cleaner look also signals other changes, such as our goal to bring you the best columnists from across the country. Watch for award-winning columnist Marty York's sports scoops and analysis on Tuesdays, Wednesdays and Fridays and Anne Hines' humorous HineSight on Tuesdays.

As well, each weekday we bring you the most discerning views on what's on TV with Intellevision columnist Rick McGinnis, while our Thursday edition features celebrated food writer Barb Holland's A La Carte recipes, and our weekend edition brings you Sound Check, from Alan Cross, syndicated host of The Ongoing History of New Music, and fashionista Kim Elbo's Style File — all jam-packed into an entertainment and style package that can't be beat.

Metro is also committed to bringing you the best from your local city columnists. In Ottawa, those include reporter Tracey Tong's slice-of-city-life column Cityscapes, Nadine Doolittle's exploration of all things transit-related in her On Track column and Kim Mannix Vermette's weekly examination of the Ottawa entertainment scene in her Get Out There! column.

And this is just the beginning.

Over the coming months watch for new features, columns and services in Metro, the No. 1 free daily paper in Canada, aimed to delight, entertain, inform — and help our 950,000 readers joyfully navigate through life.

And don't forget to click on our newly designed site *www.metronews.ca* for breaking stories, contests — and to view pages from Metro newspapers across Canada in Halifax, Montreal, Toronto, Edmonton, Calgary and Vancouver — as well as from the Metro editions published in 21 countries and 100 cities around the world. Yes, the bright, shiny, new package you're reading today is part of the largest chain of newspapers in the world, celebrated in Guinness World Records — and we're just getting started. Enjoy!

Dianne Rinehart
Editor-in-chief,
Metro English Canada

Spain **immigrants intercepted**

ROMA SUAREZ/REUTERS

A would-be immigrant prays after arriving yesterday at the Puerto Rico beach on Spain's Canary island of Gran Canaria. Some 133 would-be immigrants were intercepted aboard two fishing boat on their way to European soil from Africa, Spanish police said.

AU calls for unified gov't

The African Union has made a rare intervention into internal politics, calling for negotiations in Zimbabwe.

The African Union called yesterday for a national unity government in Zimbabwe after the widely condemned re-election of President Robert Mugabe in a violent poll ruled unfair by monitors. A summit of the pan-African body, which had been divided over what to do about Zimbabwe, adopted a resolution calling for Mugabe to enter negotiations with opposition leader Morgan Tsvangirai, who withdrew from the election because of violence.

The resolution fell short of the much tougher statement wanted by some African nations, but it was a rare AU intervention in an internal political dispute and an unprecedented rebuff to Mugabe, previously feted as a liberation hero. Before the two-day summit ended, Zimbabwe's neighbour Botswana called for Mugabe to be barred from both the AU and southern African regional body SADC.

REUTERS

EU position

The European Union will only accept a Zimbabwean government headed by opposition leader Morgan Tsvangirai, French Foreign Minister Bernard Kouchner, whose country has taken over the EU presidency, said yesterday.

Nova Scotia **Cannabis Day - Eh!**

PAUL MCLEOD/METRO HALIFAX

Two Nova Scotia marijuana enthusiasts show their support for Cannabis Day yesterday at the Dartmouth Commons. The crowds took part in the annual event of renowned pothead activities, namely sitting, drumming, and of course playing hackey sack.

Morgentaler receives honour

OTTAWA. The decision to award pro-choice crusader Dr. Henry Morgentaler the Order of Canada yesterday on Canada Day set off a flurry of reactions ranging from disgust to congratulations.

"Canada's highest honour has been debased. Henry Morgentaler has been awarded the Order of Canada. We are all diminished," Most Rev. Thomas Collins, Roman Catholic Archbishop of Toronto, said in a statement issued after the award was announced by Gov.-Gen. Michaëlle Jean.

Morgentaler, among 75 people who will receive the prestigious national honour at a later date, was lauded on the Governor General's website for "his commitment to increased health-care options for women, his determined efforts to influence Canadian public policy and his leadership in humanist and civil liberties organizations."

Feminist Judy Rebick, the outspoken former president of the National Action Committee on the Status of Women, described the award to Morgentaler as long overdue.

TORSTAR NEWS SERVICE

courts

B.C. man facing 10 years for abuse

BANGKOK, THAILAND. The Maple Ridge teacher who admitted to sexually abusing a teenage boy in Thailand will be sentenced on Aug. 15.

A Bangkok court announced on Monday that Christopher Paul Neil, 33, may be facing up to 10 years in prison for sexually abusing a 15-year-old Thai boy, photographing the offence and putting them online, CBC News Online reports. METRO OTTAWA

News in brief

NEW YORK. Former media baron Conrad Black settled a lawsuit brought against him by Sotheby's International Realty Inc claiming that he failed to pay the commission on the $10.5 million sale of his New York apartment. The terms of the settlement were not disclosed. REUTERS

News in brief

CHINA. More than 60 children fell ill after drinking water that may have been deliberately poisoned at a primary school in China's Guangxi province, state media reported yesterday.

GERMANY. The release of a video showing former Hamburg senator Roger Kusch helping a 79-year-old woman commit suicide has caused outrage in Germany and prompted some states to try to tighten their rules on assisted suicide.

DRUGS. The "spiritual" effects of psilocybin from so-called sacred mushrooms last for more than a year and may offer a way to help patients with fatal diseases or addictions, U.S. researchers reported yesterday.

REUTERS

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the Bay

WWW.THEBAY.COM

Ford names U.S. sales and marketing vice-president

Ford Motor Co yesterday named Ken Czubay, 59, a 38-year auto industry veteran to the post of vice-president of U.S. sales and marketing effective July 16 to assist in the company's sales turnaround efforts. REUTERS

Business

Dollar (Monday)

0.88¢

C$ 98.07¢ US
U.S.$ $1.0197

Oil

$0.97

$140.97 US

News in brief

NEW YORK. Oil prices rose yesterday on forecasts global supplies will struggle to keep pace with demand and concerns tensions between Israel and Iran could lead to a disruption of exports from the OPEC nation. REUTERS

Remove oil development curbs: Exxon CEO

MADRID. Oil producers need to remove barriers to investment to ensure oil markets are well supplied, but are unlikely to do so as long as prices remain high, Exxon Mobil's CEO Rex Tillerson said yesterday.

Oil companies say a dearth of new supplies, not speculators, was driving high oil prices. REUTERS

Clash over CAW boss?

SHOWDOWN The Canadian Auto Workers union is heading for a showdown over who will replace president Buzz Hargrove.

Hargrove has called early meetings of the CAW's national executive board, top administrators and senior staff for next Tuesday to debate and endorse who will lead the union after he retires. Sources say Hargrove will ask the board and the other groups to endorse Ken Lewenza, president of CAW Local 444 in Windsor, as the next head of the union.

However Hemi Mitic, a veteran assistant of Hargrove, confirmed yesterday he will make a bid for support from the same groups at two separate meetings.

Insiders say an endorsement from the board and staff would be a huge boost toward winning at a national convention of more than 800 delegates.

However, Mitic said even if he doesn't get the key endorsements, he will run for the $150,700-a-year job of leading about 250,000 workers.

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Metro is the world's largest international newspaper, with more than 18.5 million daily readers in 100 major cities in 21 countries.

Please recycle

Baseball Sussex starter Craig Snipp kept the Ottawa Rapidz scoreless through eight innings and the Skyhawks pounded out 17 hits en route to a 9-1 victory last night. METRO NEWS SERVICES

Sports

Redden leaves Sens for Rangers

Ottawa adds backup goaltender Auld

The Ottawa Senators added one new player yesterday, but lost three familiar faces.

The Senators signed journeyman netminder Alex Auld to a two-year contract, while defencemen Wade Redden and Mike Commodore and forward Cory Stillman all found new homes.

Redden, 31, who had six goals and 38 points last season, his 11th in Ottawa, signed with the New York Rangers. No terms were announced, but TSN.ca reports the deal is a six-year contract worth $6.5 million US a season.

Redden has skated in 838 career games with the Senators, collecting 101 goals and 410 points to go with a plus-159 rating.

Commodore signed a five-year contract yesterday with the Columbus Blue Jackets, while the Florida Panthers agreed to terms with Stillman on a three-year deal.

Both players came to Ottawa in a mid-season trade from Carolina. Auld has played in parts of six seasons with Vancouver, Florida, Phoenix and Boston. The 27-year-old split time, appearing in 32 contests, with both Phoenix and Boston last season, posting a 12-13-5 mark with a 2.32 goals against average.

Ottawa filled the void for a backup to entrenched starter Martin Gerber after the club bought out Ray Emery's contract late last month.

Ottawa general manager Bryan Murray drafted Auld while with Florida in 1999, taking the Thunder Bay, Ont., native in the second round. In 140 career games, Auld has a 58-57-16 mark with two ties and a 2.85 GAA.

METRO NEWS SERVICES

major moves

- The Chicago Blackhawks captured headlines on the first day of free agency, signing top defenceman Brian Campbell to an eight-year contract and also tying up the services of talented netminder Cristobal Huet.
- Curtis Joseph returned to Toronto, signing a one-year deal to play as a backup for the Maple Leafs next season. Toronto also added defenceman Jeff Finger and winger Niklas Hagman.
- The Tampa Bay Lightning signed veteran goaltender Olaf Kolzig to a one-year contract.
- The Washington Capitals signed goaltender Jose Theodore to a two-year contract.
- The Anaheim Ducks locked up Corey Perry with a five-year contract.
- The Carolina Hurricanes acquired Joni Pitkanen from the Edmonton Oilers in exchange for forward Erik Cole.
- The Columbus Blue Jackets acquired winger Raffi Torres from the Edmonton Oilers in exchange for forward Gilbert Brule.

YorkReport

Marty York

marty.york@metronews.ca

MLB players down on derby

MLB Major League Baseball's All-Star Game is in New York, but Yankees star Alex Rodriguez isn't interested in taking part in the annual home run derby. Find out why by rading the York Report at www.metronews.ca.

SCOREBOARD

MLB

LAST NIGHT'S RESULTS

AMERICAN LEAGUE
Baltimore 7 Kansas City 5
Tampa Bay 3 Boston 1
Texas 3 N.Y. Yankees 2
Detroit at Minnesota
Cleveland at Chicago W. Sox
Oakland at L.A. Angels
Toronto at Seattle

NATIONAL LEAGUE
Philadelphia 8 Atlanta 3
Washington 9 Florida 6
Pittsburgh at Cincinnati
L.A. Dodgers at Houston
N.Y. Mets at St. Louis
San Diego at Colorado
Milwaukee at Arizona
Chicago Cubs at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Detroit at Minnesota, 1:10
Oakland at L.A. Angels, 3:35
Texas at N.Y. Yankees, 7:05
Kansas City at Baltimore, 7:05
Boston at Tampa Bay, 7:10
Cleveland at Chicago W. Sox, 8:11
Toronto at Seattle, 10:10

NATIONAL LEAGUE
Washington at Florida, 12:10
Philadelphia at Atlanta, 7:10
Pittsburgh at Cincinnati, 7:10
L.A. Dodgers at Houston, 8:05
N.Y. Mets at St. Louis, 8:15
San Diego at Colorado, 9:05
Milwaukee at Arizona, 9:40
Chicago Cubs at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	1	0	0	2
Toronto	1	0	0	2
Winnipeg	0	1	0	0
Hamilton	0	1	0	0

WEST DIVISION

	W	L	PCT	GB
Saskatchewan	1	0	0	2
Calgary	1	0	0	2
B.C.	0	1	0	0
Edmonton	0	1	0	0

WEEK 2

TOMORROW'S GAMES
Hamilton at Toronto, 7
Calgary at Edmonton, 10

FRIDAY'S GAMES
Winnipeg at Montreal, 7
Saskatchewan at B.C., 10

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT
OTTAWA 1 Sussex

TONIGHT'S GAME
OTTAWA at Sussex, 7:05

LOTTERIES

Monday, June 30, 2008

Ontario Pick 3	1 5 5
Ontario Pick 4	9 3 4 2
Encore	0959292
Daily Keno	2, 4, 8, 12, 13, 14, 17, 20, 22, 23, 24, 26, 27, 28, 53, 64, 65, 66, 68, 70.

Tuesday, July 1, 2008

Ontario Pick 3	2 4 6
Ontario Pick 4	7 0 2 5
Encore	3932068
Daily Keno	1, 4, 5, 7, 11, 15, 17, 23, 27, 32, 33, 38, 40, 44, 47, 50, 52, 53, 62, 67.

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ENVIRONMENT Beijing took 300,000 high-emission cars off its roads yesterday, as part of measures to clean up the capital's air pollution and ease traffic ahead of the Olympics. REUTERS

Beijing 2008

Lawmakers urge Bush to boycott

POLITICS Two U.S. Congressmen yesterday urged President George W. Bush to rethink attending the Beijing Olympic Games after they were prevented from meeting Chinese human rights activists.

Congressmen Frank Wolf and Chris Smith said they had come to Beijing to meet Chinese citizens pressing for greater political and religious freedoms.

But Chinese authorities pressured or forced nearly all the activists from seeing them, the lawmakers and activists said. REUTERS

Olympics in brief

HONOURS Olympic judo champion Ilias Iliades will carry the Greek flag at the Beijing Games next month. REUTERS

Tomorrow's lineup

CANADA'S FASTEST MAN. Pick up tomorrow's Metro to read all about Jared Cannaughton, the No. 1-ranked sprinter in the country.

36 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Devastating injuries?

Some of Canada's brightest medal hopes may not make it to Games

TRACEY TONG
tracey.tong@metronews.ca

Injury and recovery are a part of every athlete's life. But when you're an athlete gunning for gold at the Olympics, the stakes are high when injury strikes.

With the Beijing Summer Games fast approaching, some of Canada's brightest medal hopes — hurdler Perdita Felicien, diver Alexandre Despatie and gymnast Kyle Shewfelt, for example — are recuperating from recent injuries.

It remains to be seen if they can recover in time, the athlete-watchers say.

"They certainly are the types of injuries [that] may affect the performance of those individual athletes," said Scott Russell, host of CBC Olympic Morning and Countdown To Beijing.

Because the Olympics only come around every four years, it's frustrating for athletes when even small injuries occur, said Russell.

"For many athletes, the window is very small," he said. "You're in your prime for a very finite period of time. To have an injury occur before the Olympics can be very devastating."

But injuries can also forge champions, he notes. For example, eight weeks before the 1992 games, rower Silken Laumann was injured when a motorboat collided with her boat. Everyone thought she'd miss the games, but Laumann rebounded to win a bronze medal.

"That was a heroic performance," said Russell. "That kind of thing can, and does, happen."

Competing in the Olympics is pressure enough without worrying about injury, former synchronized swimmer Carolyn Waldo said.

Waldo became the first Canadian female to win two gold medals at one Olympics games in 1988. And while Waldo, now a CTV Ottawa sportscaster, was never injured, the prospect alone was her biggest fear, she said.

"I didn't do anything that would risk injury," she said.

Although she calls the injuries to current athletes "heart-wrenching," Waldo thinks Canada will do well this summer.

Shewfelt — whose 2004 Olympic gold medal for floor was the first medal ever won by a Canadian in an artistic gymnastics event — fractured both tibiae about nine months ago. But he recently won the vault competition and placed second in floor exercise at the Canadian Olympic Team trials.

"It looks like he'll be able to make a contribution," said Russell.

The world champ at the one- and three-metre springboard from 2005 to 2007, Despatie fractured his right foot in April, but Russell said he's "guessing he'll be able to show the fitness."

The injured athlete who remains questionable is Felicien, who hurt her foot while training in February.

"She hasn't said much about it, and there's a lot of speculation about whether Perdita is able to do this," Russell said. "She's the one that's creating a buzz in the Olympic community."

STU FORSTER/GETTY IMAGES

Hurdler Perdita Felicien hurt her foot in February.

ETIENNE RANGER/FOR METRO OTTAWA

CTV sportscaster and former Olympic synchronized swimmer Carolyn Waldo, pictured recently at her home in Kanata, Ont., believes Canada will fare well at the Olympics in Beijing, despite injuries to several of its athletes in recent months.

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Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

Forester flavour, fresh package

Subaru model longer, taller and wider

MARK ATKINSON
for Metro Ottawa

Completely reworked for 2009, Subaru has steered the Forester from the 'tall wagon on stilts' formula of the first and second generations to a more generic 'Japanese Cute-Ute' styling instead.

The new Forester is longer, taller and wider than before, all in an effort to maximize interior space — one of its predecessor's drawbacks. The wheelbase grows by 90 mm, all of it directed at enhancing rear seat comfort.

Other notable changes include adopting a modified version of the suspension underpinning Subaru's Impreza model, but with generous ground clearance still a key attribute.

Powerwise, the latest Forester still offers two versions of the 2.5-litre four-cylinder 'boxer' engine. The normal air-breathing version now features improved valve operation to help produce 170 horsepower, while the twin-turbocharged version brings 224 hp.

Both engines are mounted slightly lower in the chassis to aid handling and crash safety.

The powertrains are rounded out with either a five-speed manual (with electronic hill hold) or four-speed automatic transmissions, as well as Subaru's standard 'symmetrical' all-wheel-drive system.

Despite its gains in size, the Forester remains a dedicated five-seater.

The cabin follows the Impreza's theme, with big sweeping lines on the dash evoking the Tribeca.

The gauges are crisp and clear, while the audio controls are mounted high to aid access and legibility.

The materials used are of a standard higher than found in the Impreza, but there's still room for improvement.

Neat touches abound, like the multi-functional centre console that can be configured in numerous ways to store drinks or purses.

Standard features included heated front seats, roof rails, splash guards, privacy glass and steering wheel-mounted audio controls.

Your choices include base 2.5X, Touring and Limited models, all with generous levels of equipment.

The $25,795 'X' gets the previously mentioned standard items, along with 16-inch steel wheels, air conditioning, tilt/telescopic steering wheel and a four-speaker AM/FM/CD/MP3/WMA audio system.

Moving up to the Touring level ($27,995) adds alloy wheels, a power sliding moonroof, halogen fog lights, wiper de-icers, chrome door handles, rear-seat cushion table with integrated cup holders, reclining rear seats and a cargo tray.

The $34,895 Limited tops things off with 17-inch alloy wheels, four-speed automatic, HID headlights, a stainless steel rear bumper step pad, climate control, power adjustable driver's seat, leather-wrapped steering wheel and shifter, wood trim and an upgraded six-speaker sound system.

On the road, the Forester has really nailed the ride/handling balance, feeling nicely tied down and responsive at all times. Steering feel is fantastic in a category that's getting more remote every day.

With its blend of performance and capability, improvements and competitive pricing, the 2009 Forester will surely find many happy owners.

2009 Subaru Forester

- Type: Mid-size 5-pass CUV AWD
- Price: $25,795 - $34,895
- Engine: 2.5L H4 SOHC/2.5L H4 DOHC turbo
- HP: 170 @ 6,000 rpm/224 @ 5,200 rpm
- Torque: 170 @ 4,400 rpm/226 @2,800 rpm

Highlights:

- Car-like 'crossover' with standard all-wheel-drive
- Roomier interior
- Safety features
- Standard equipment
- On-road ride and handling

The new Forester has maximized interior space — one of the drawbacks of its predecessor.

A really big catch For a summer fishing weekend to remember, sign up for the Guys Ultimate Fishing Getaway on B.C.'s Cariboo Chilcotin Coast. You'll sail the famed Inside Passage between Port Hardy and Prince Rupert on the Ocean Explorer, a 110-foot luxury vessel decked out with nine private staterooms, menus boasting local fare, a hot tub and plenty of Cuban cigars. See www.adventurewestresorts.com. METRO

Travel

Water, water everywhere
Denmark-born artist Olafur Eliasson's newly unveiled public art installation The New York City Waterfalls' is seen in front of the Statue of Liberty on June 26 in New York City. Four massive waterfalls using water pumped from the river have been installed along the East River through mid-October 2008. GETTY IMAGES

Quebec spas go wet and wild

Taking a road trip to visit the province's nature spas proves highly refreshing

ANNE DIMON
for Metro Ottawa

From Gatineau to Tremblant, Quebec's outdoor spas offer visitors a variety of ways to take the waters with nature as a splendid backdrop.

LE NORDIK

At Quebec spa Le Nordik, visitors can take the waters while taking in the magnificent natural scenery.

Le Nordik

It's Friday noon at Le Nordik Nature Spa and people are already lined up to enjoy a day of social bathing, Nordic-style.

This three-year-old outdoor spa — where the waters run hot, cold and tepid — is apparently a hot spot for Parliament Hill types who, we're told, make the 12-minute drive to take the waters on a fairly regular basis.

Sitting pretty on a rocky piece of property at the front door of Gatineau Park, Le Nordik is one of several nature spas I discovered on the route between Gatineau and Tremblant.

The taking of the waters for health and wellbeing is a European practice dating at least as far back as Romans times, and tends to be more of a health and wellness activity than a spa experience.

Here, Quebec offers the largest collection of spas where the focus is primarily on the taking the waters.

But unlike in Europe, where seeing guests walking from sauna to steam room to shower in their birthday suits is quite common, there will be no flashing of bare bottoms at these spas. There are separate change rooms for men and women, and robes (some spas ask that you bring your own), and towels or bathing suits are a must.

Along with four outdoor pools plus hot tubs, Finnish sauna, steam bath, a Nordic (read ice-cold) waterfall, and various lounge areas spread around a terraced lot, Le Nordik also holds the distinction of being one of the few nature spas with a licensed, all-day, poolside restaurant.

It serves a varied selection of dishes including healthier choices such as fresh fish and vegetable wraps, plus a signature platter of local artisan cheeses paired with wines.

There are also more than a dozen treatment rooms for a variety of massages — no other treatments are offered, which is fairly typical of these Nordic-style spas. An on-site lodge can accommodate a group of up to 12 people.

On the web

Day passes to all three of these outdoor spas are around $40 per person. For more information, visit:
- Le Nordik, *www.lenordik.com*
- Le Scandinave – *www.scandinave.com*
- Ofuro – *www.spaofuro.com*
- Chateau Beauvallon – *www.chateaubeauvallon.com*

Ofuro Spa

Several hour's drive north, near the town of Morin-Heights in the Laurentians, Ofuro Spa is a nature spa that is, as the brochure says, "a truly zen experience." Drenched in a Japanese-theme — pagoda-style architecture, Japanese art, furnishings and sculptures are everywhere — Ofuro is certainly one of Canada's most uniquely-decorated and exotic spas.

To the sounds of a mountain stream cascading over boulders, guests breathe in the fresh air and soak up the benefits of nature from one of several pools, from lounge chairs set out on various decks, or while snuggling in a swaying hammock.

Unlike many such spas that offer only massages, Ofuro's menu of spa services includes pedicures, facials, body wraps and scrubs. We stayed the night in one of five relatively new guest rooms each nicely decorated and with en-suites and spread around a community lounge where continental breakfast is served.

Le Scandinave

Not far from Ofuro and just a few minutes drive from the Village of Tremblant is Le Scandinave.

Considered the grand dame of Quebec's Nordic-style spas, it is not only the oldest, but the largest.

Perched on the banks of the Diable River (good for devilishly cold dips), the spa offers rooms for massages, a collection of pools, saunas, steam rooms and hot tubs spread around a multi-terraced lot, plus various relaxation areas both indoors and out.

I especially liked the Zero Gravity Room where lounge chairs fold down flat for easy napping in a serene environment.

Taking the waters can be exhausting to the system. There's a small bistro serving sandwiches, soups and juices and while there are no accommodations at Le Scandinave, Chateau Beauvallon, a lovely inn located just a few kilometres away, offers a free year-round shuttle.

Anne Dimon Anne Dimon is a spa and wellness travel writer and founder/editor of www.traveltowellness.com

Honeymoon havens The Caribbean, Hawaii and The Bahamas rank as the top three honeymoon destinations, according to AIG Travel Guard and the National Association Of Wedding Ministers. METRO

Here, dining goes down the toilet

Eat out of porcelain bowl at Taipei café

JULIA DIMON FOR METRO OTTAWA

At the Modern Toilet, a café popular with students, dishes include stool-coloured curried chicken and yellow beverages.

I never thought I'd be caught eating out of a toilet bowl, but there I was, scooping out chunks of brown stuff from a lime green loo. The loose watery goo looked remarkably like you-know-what, but I tried not to think about it. Instead, I chose to wash the slop down with yellow liquid served from a plastic bed pan.

This is a typical lunch at the Modern Toilet restaurant, a kitschy café in the heart of Taipei's Shilin district.

It's fair to say that the restaurant's theme is crap. The décor is bathroom-like: blue tiles, toilet paper dispensers, mirrors along the wall and shower curtains hung from the ceilings. Guests sit on toilets (seats down boys) and eat over sink-style tables.

Actual dishes take the form of toilet bowls, while cups look like mini urinals. There are toilet chachkas around the room and spiral brown clumps of doggie doo-doo on the tables.

It's an unusual gimmick but given the first Modern Toilet restaurant opened four years ago and has expanded into a franchise of some 10 restaurants around the city, it's clearly a hit, drawing a clientele of mostly young people in high school and university.

Sitting atop my porcelain throne I had a look at the menu. According to a small poo symbol (located beside certain items on the menu) Japanese-style hot pots, hot chili chicken and the cheesy noodles are some of the most popular dishes.

Though the food was decent, gourmet cuisine certainly isn't the main reason that most people come.

A visit here begs the question: Why would anyone want to eat out of a mock toilet bowl? There's something truly revolting about combining human waste with food, yet Modern Toilet makes this concept fun, subtly challenging the cultural taboos of poo.

Sitting at a table nearby were Helen and Rachel, two twentysomethings who just graduated from the University of Toronto. On their celebratory week-long trip to Taiwan, the toilet restaurant topped their list of local tourist attractions. After visiting Taipei 101, currently the world's tallest building (a record soon to be overturned by Shanghai and Dubai), Modern Toilet was the next hotspot on their list.

Between bites of stool-coloured curried chicken, they admitted that a trip here made great fodder for Facebook photographs. "This toilet restaurant is fun," one of them added.

on the web

www.moderntoilet.com

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Sophomore effort
Lily Allen has completed recording sessions for her second album. The singer told Newsbeat she is yet to name the follow up to Alright Still but she is happy with the new record. **BBC NEWS ONLINE**

Entertainment

Hancock generic hero

Hancock
Director: Peter Berg
Stars: Will Smith, Jason Bateman, Charlize Theron
Rating: PG13
Grade:

BRIAN TOWIE
for Metro Ottawa

Will Smith takes the starring role as Hancock.

REVIEW Take two cups of Wolverine, add one teaspoon of Iron Man and a pinch of Hulk. Microwave on high for two to three minutes. Let stand before serving.

Director Peter Berg's (Friday Night Lights) superhero drama might stand out if it wasn't released in this, the summer of the anti-hero. Comic book aficionados will instantly spot the patchwork of some of the genre's classically corruptible characters that make up Will Smith's flawed protagonist: Hancock drinks like Tony Stark, causes mayhem like Bruce Banner's better half (and I don't mean Betty Ross), and like everyone's favourite Canadian X-Man, is a nearly indestructible, ill-tempered boor who can't remember his past. And, like all three, he has his heart in the right place when it comes to saving the world — he just has to overcome his inner demons.

That said, Hancock redeems itself as a passable standalone action movie. There's wanton destruction and the thugs who provoke Smith reap their whirlwinds — there's a memorable prison scene where he introduces a cell mate's head to another's rectum, incidentally. The trio of Smith, Bateman (playing a PR rep out to shine up Hancock's public image) and Theron (Bateman's wife with a secret of her own) generates some pathos and keeps a viewer interested.

But part of the reason why successful comic book movies do so well at the box office is the longtime reader's thirst to see how their hero transcends the page onto the screen. In the character of Hancock, there's no history, no previous emotional investment, no longtime arch-villain to match his off-the-charts power.

Hancock is a generic flying musclehead at best, and one that should pass out of our imaginations faster than a speeding bullet.

more online

For a feature on the American Girl dolls and for a DVD review of In Bruges and other recent releases, go to metronews.ca.

Jolie's Wanted big worldwide

BOX OFFICE Angelina Jolie is the most Wanted woman at the foreign box office.

Her action thriller, which opened at No. 2 in North America with surprisingly strong weekend sales of $51 million, was the top choice internationally with $32.5 million from 22 territories.

It opened at No. 1 in 18 markets, highlighted by a record-breaking bow in Russia ($11 million), where Wanted director Timur Bekmambetov enjoyed such hits as Night Watch and Day Watch. Other No. 1 openings included Thailand, Ukraine, Turkey and Poland. **REUTERS**

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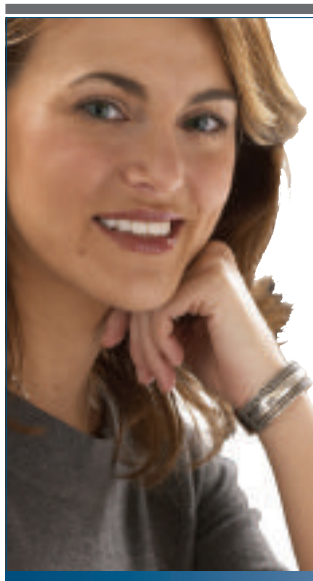

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First, pop star Madonna's, right, brother Christopher Ciccone writes a memoir about being her brother. And now, the New York Post reports he's shopping around a reality show about the same exact thing. **E! NEWS ONLINE**

Pros/cons of the thong

Today, I am no longer "woman who sits at desk wondering if she bought the right toilet bowl cleaner." Today, I am "wild ravishing temptress woman." I am a saucy, seductive love puppy. I am goddess. I am Eve. I am the proud owner of my very first thong.

I've always wanted a thong. To some women, this is akin to saying, "I've always wanted to have my eyebrows removed with gardening sheers." But I have excellent reasons for wanting a thong.

First, panty lines. They are very bad. Although, in an age when celebrities are caught on camera seriously underdressed, it might be wise to let people know you are wearing underwear.

Secondly, if our fashion choices say something about us, my current underwear is screaming, "hasn't been in a lingerie store since 1998."

Finally, am assured that thong will make my bottom look fabulous without having to resort to unreasonable measures such as avoiding iced lattes or joining a gym. The thong saleswoman insists that my rear end will look just like Halle Berry's. I buy six.

7 a.m./DOT (Day of the Thong): Insert thong. Check out rear end in mirror. Strangely, rear end does not look like Halle Berry's. Must be bad lighting.

TORSTAR FILE PHOTO

Columnist Anne Hines discusses the good, the bad and the ugly when it comes to the controversial thong.

9:30 a.m.: At work. Wondering why no one has commented on sexy new me. One person does say, "Are you wincing?"

11 a.m.: Starting to wonder if saleswoman directed me to right size. Hard to feel sexy while wondering if thong will have to be surgically removed from backside by lunchtime.

1 p.m. Convinced that saleswoman was absent or drunk during training session on how to size a thong. Maybe both. Coworker shares that she calls thongs "fanny gnats"; they're annoying and they're everywhere.

HineSight

Anne Hines

3:30 p.m.: Thong has migrated from previous uncomfortable position into worse position. Call thong-wearing friend for advice.

Thong-wearing friend: It takes a while to find what's right for your body type.

Me: How long did it take you?

TWF: So far, about six years.

5 p.m.: Head home attempting not to walk as if there is a thong stuck up my backside. Which there really is.

7 p.m.: Prepare to discard thong. I am not wild, seductress woman. I am "woman destined to live in Joe boxers." Partner walks in and says, "Wow, that makes your rear end look like Halle Berry's." Don't care if it's a fib. I'm keeping the thong.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

On the web:

To read today's Intellevision column, visit metronews.ca.

Contest closes July 14, 2008. Must be Canadian residents, 13 years & older and a Facebook member. Go to Rogers Show Off Your Summer Facebook page for full rules or to vote for a photo mosaic & enter. Limit of 1 vote per photo mosaic per Facebook account day. One trip for 2 to the Pemberton Festival in BC valued at $7,500 based on a Nfld. departure. Correct answer to mathematical skill-testing question required. No purchase necessary. **TM** Trademarks of Rogers Communications Inc., used under license or of Rogers Wireless. All other brand names are trademarks of their respective owners. © 2008 Rogers Wireless.

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primetime 7/2/08		265	353	2	TVO	Life of Birds-Attenborough		The Agenda With Steve Paikin		Canterbury Tales		Human Edge		Agenda-Paikin
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		209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Wife Swap		Supernanny		Law & Order (N)		News (N)
		196	311	7	CTV	eTalk	Canadian Idol	So You Think You Can Dance The top 14. (N)				CSI: NY (HDTV)		News (N)
		208	303	8	CBC	Coronation St.	22 Minutes	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Baby Borrowers		The Baby Borrowers (N)		Celebrity Circus (N)		News (N)
		117	713	10	TVA	Marché	Vidéos	Spécial François Léveillée		Esprits criminels (HDTV)		TVA 22 heures	Juste pour rire	Sucré-salé
		-	-	11	QS	Vengeance de femme (2005, Suspense) Erika Eleniak. (SC)				Men in Trees: leçons		Cent dix pour cent (SC)		Journal du soir
		137	763	12	TFO	Panorama été	Visages	L'Histoire des jeux		L'Odeur de la papaye verte ★★★ (1993, Drame)				Tournants
		-	362	13	CBS	Dr. Phil		Price Is Right Spectacular		Criminal Minds (HDTV)		CSI: NY (HDTV)		Two/Half Men
		216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
		214	344	15	CITY	Friends	Hollywood	Make Me a Supermodel		Rock of Love-Bret Michaels		Entourage	Entourage	News (N)
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	CH	The Insider (N)	E! News	Zoe Busiek: Wild Card		Celebrity Circus (N)		Janice Dickinson Modeling		News (N)
		-	361	20	ABC	News (N)	Entertainment	Wife Swap		Supernanny		Primetime: Crime		News (N)
		512	396	24	CPAC	Tête-à-tête	Beyond Poli	Passation-Défense				Dossier public		À la une
		651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance The top 14. (N)				News (N)		News
		-	-	64	PBS	Business Rpt.	Drum TV	Great Lodges-Parks		Nova scienceNOW (N)		Carrier "Super Secrets"		Tavis Smiley
		205	312	104	CTV	eTalk	Canadian Idol	So You Think You Can Dance The top 14. (N)				CSI: NY (HDTV)		News (N)
news		502	390	26	NW	News (N)	Fortune	The Hour		CBC News: The National		Python Invasion		National
		500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	Billiards World Pool Masters.		European Poker Tour		Best Damn Sports Show		MLB Baseball: Blue Jays at Mariners		
		126	730	28	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	Tennis Wimbledon -- Men's Quarterfinals.						SportsCentre (HDTV) (Live)		
		410	403	52	SCR	RaceNight						Score Update		Stump-Schwab
		411	457	56	OLN	Exploration	Videos	Ed's Up	Angry Planet	The Rig	Man's Work	Word Travels	Globe Guides	Pilot Guides
		417	406	59	SC	Pinks	Pass Time	Unique Whips		Pinks (HDTV)	Pinks (HDTV)	Pass Time	Pass Time	Pinks
family		554	544	48	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Spaceballs ★★ (1987, Comedy)		
		557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
		570	580	29	MM	mmmtop	Popaganda "Outed!"		Back In	Tip of Tongue	Tip of Tongue	Don't Forget the Lyrics!		Celeb. Rehab
cable variety		615	520	31	A&E	CSI: Miami "Bait"		The First 48 (HDTV)		Dog the Bounty Hunter		CSI: Miami (HDTV)		CSI: Miami
		628	584	32	SPKE	(6) Star Wars: Episode III -- Revenge of the Sith (2005)				Star Wars IV: A New Hope ★★★★ (1977, Science Fiction) Mark Hamill.				
		521	560	34	TLC	Jon & Kate Plus 8 (HDTV)		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate
		145	761	35	TV5	Toute une histoire		Une journée de m... ★★ (1999, Comédie)			Seins prof	Vivre à vélo	Partir autre	Journal TV5
		616	521	39	SHO	ReGenesis "Prions"		Da Vinci's Inquest		Trailer Park	Rent-A-Goalie	Big Love (HDTV) (N)		House
		620	523	40	BVO	Literature Alive	Arts & Minds	Wingfield	Camera	Mad Men		Entourage	Bravonews	Law & Order
		520	505	42	DIS	Daily Planet		Dirty Jobs		Sport Science (N)		Mayday "Ripped Apart"		Daily Planet
		575	583	43	CMT	CMT30 (N)	Totally	Cheerleader Nation		Reba	Hope & Faith	Home Improve.	Roseanne	Totally "2001"
		601	562	45	SLC	Women on Top	Til Debt-Part	X-Weighted "Maggie & Liz" (N)		Work Out (N)		Trading Spouses		X-Weighted
		625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Lewis Black	Comedy Inc.	Daily Show
		294	529	47	TBS	Family Guy	Family Guy	The Glimmer Man ★ (1996, Action) Steven Seagal.				Frasier	Seinfeld	Friends
		600	564	49	H&G	House Hunters	Property Virgin	Property Shop	Big City Broker	Property Virgin	Unsellable	Flipping Out		Holmes-Homes
		627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Smallville "Lara"		Supernatural		Stargate SG-1
		581	566	53	MTV	MTV e2	Cribs	4REAL	Next	The Real World		The Real World		MTV Live
		618	524	54	TROP	TV Made, Do It	TV Made, Do It	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
		522	506	55	HIS	NCIS "Chained"		Underworld Histories		The Score ★★★ (2001, Crime Drama) Robert De Niro, Edward Norton.				
		129	773	60	CD	Biographies (HDTV)		Alerte animale (HDTV)		Les Rescapés (HDTV)		Crimes passionnels (HDTV)		Police de l'air
		261	394	61	V	Murder, She Wrote		Sorry!	No Place Like	Jeeves and Wooster		God's Red Poet		Side Effects
		602	567	62	W	Will & Grace	Friends	Shopping Bags	Style by Jury	Smart Cookies	Stuck	Maxed Out	Style by Jury	Stuck
		269	350	70	APTN	Medicine Land		APTN National News: Contact		Northern Exposure		Wolf Lake		Medicine Wmn
		621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Design	In Fashion	The Tonight Show-Jay Leno		eTalk
		603	561	95	FN	Road Grill	Licence to Grill	Restaurant Makeover		Iron Chef America		The Next Food Network Star		Challenge (N)

critics'corner

The Property Shop

She gave up a six-figure salary? What?? Apparently money can't buy happiness. This new series follows Tatiana as she quits her lucrative job to open her own real estate business in Montreal. In doing so, she has to deal with the competition, sometimes ruthless junior agents, and her personal life as a mother and wife. 8 PM on 49 H&G

Criminal Minds

Racially charged cases are always tricky, and the one in "Fear and Loathing" is no exception. The profilers are in an upscale New York suburb trying to identify a killer who's targeting black teenagers. They come up with a profile and want to release it to the media, but the mayor fears racial tensions will be ignited. Those fears are realized when a white man, fearing he's a suspect, shoots a black detective. 9 PM on 13 CBS

Actress Helena Bonham Carter is in talks to play a small but pivotal role in Terminator Salvation, the fourth film in the sci-fi/action franchise, Warner Bros. has confirmed. **E! NEWS ONLINE**

Celebrity Buzz

Being a mom makes Gyllenhaal better actress

ALL PHOTOS GETTY IMAGES

CAREER Maggie Gyllenhaal says motherhood made her a better actress, but now she wants to spend more time at home than in front of the cameras, People.com reports.

"I think having a child changes everything and has deepened everything in my life," Gyllenhaal, mom to 20-month-old daughter Ramona, told reporters recently.

"I think it has deepened my acting."

Of motherhood, "It really does crack you open in every way," said the actress. "I never knew that I could be so tired. I never knew that I could work so hard. I never knew that I could love so much or be so patient or be so excited by the tiniest, tiniest little thing. Everything about it has surprised me."

METRO NEWS SERVICES

celebrity brief

Hilton says she is paid to party

PEOPLE Paris Hilton is adamant her image as a fun-loving party girl is not real — insisting she is paid to attend most social events, imdb.com reports.

The hotel heiress is regularly pictured out and about at nightclubs, both in the U.S. and during her many trips abroad.

But Hilton claims that in reality she is very different to her socialite persona - and only goes to events because she will collect a paycheque at the end of the evening.

She said, "When they see me at parties, I am actually getting paid to be there. There is no such thing as bad publicity."

METRO NEWS SERVICES

Kidman compiles birth music

PEOPLE Nicole Kidman has created a music compilation for when she gives birth, femalefirst.co.uk reports.

The Oscar-winning actress — who is due to have her baby within the next two weeks — has chosen a selection of her favourite songs to help her during the delivery.

The tracks she has chosen include many by her husband, country singer Keith Urban, and Irish flautist Sir James Galway.

A source said: "Nicole has been putting together CDs of music to listen to during labour. She has always loved James Galway, particularly his classical albums.

"Whenever you go to her house, she has Galway on. There is one Prokofiev sonata that is her favourite."

Galway, 68 — who is considered the finest flautist of his generation — has recorded more than 60 albums, with his most famous song being instrumental version of John Denver's hit Annie's Song in 1978.

Kidman — who already has two adopted children, Isabella, 15, and 13-year-old Connor, with ex-husband Tom Cruise — has also reserved a private room at a hospital in Nashville, Tennessee as she wants the finest medical care and is hoping to have a natural delivery.

METRO NEWS SERVICES

celebrity brief

Crawford keeps his shirt on

TV Gossip Girl star Chace Crawford hates appearing topless on-screen — because he doesn't want his good looks to divert attention from his acting skills, imdb.com reports.

The TV hunk, who plays rich kid Nate Archibald in the hit series, hates to undress for the cameras because he doesn't believe his character would strip off for no reason.

And Crawford admits to speaking his mind when TV bosses try and persuade him to get naked. He told Ok! magazine, "There was an episode where we were crashed out on the sofa after a big night out and they wanted me to wake up in my boxers, so I argued with them about it.

"I mean, first of all, who gets wasted with their buddy, and smokes weed and then strips down to their boxers before they pass out on the couch?!

No one does that.

"Why am I naked on my buddy's couch? It was weird so I fought it."

METRO NEWS SERVICES

Lively is not like Hilton

PEOPLE Blake Lively does not want to be compared to Paris Hilton, PageSix.com reports. The Gossip Girl star said the weirdest rumour she's heard about herself is that she acts like the heiress.

"Since I have a dog and blond hair, that must mean we're alike. It's a dumb thing to say. I don't think that makes us similar," Lively told the new issue of Seventeen. "I don't know her, but I don't like being compared to anyone by somebody who doesn't know me. I'm my own person. I don't go to clubs, I don't party, I don't dance on tables and I don't like sex tapes."

METRO NEWS SERVICES

celebrity brief

Ledger theatre to be built in Perth

TRIBUTE Perth, Australia, is getting a new landmark: an $87-million US, 575-seat auditorium named for a native son, the Heath Ledger Theatre, People.com reports.

Western Australia state Premier Alan Carpenter said at a dedication ceremony yesterday that the name was appropriate, given how supportive the late actor had always been for fellow young performers, the Associated Press reports.

"Heath Ledger was totally dedicated to the craft of being an actor and that's what made him successful," Carpenter said. "I think what we're doing is continuing that support for young people who want to make a career in the arts and acting, stage and in film, whatever it happens to be."

Kim Ledger, the actor's father, called the tribute a pleasant surprise.

"He was such a giver to the arts right across the board. I really feel that there's not a lot of things he'd put his name to, but he'd put his name to that," Kim Ledger told The Associated Press, who attended Tuesday's ceremony.

METRO NEWS SERVICES

Brosnan happy to pass 007 franchise

FILM Former James Bond star Pierce Brosnan was relieved to finally hand over the 007 franchise to Daniel Craig — because playing the superspy is like making "a pact with the devil," imdb.com reports.

The 54-year-old starred as the secret agent in four films, eventually bowing out in 2004.

But Brosnan admits that playing the revered character is a major undertaking, as the franchise has such strict rules about conduct, grooming and endorsements.

And he was happy to finally shed the responsibility of playing Bond.

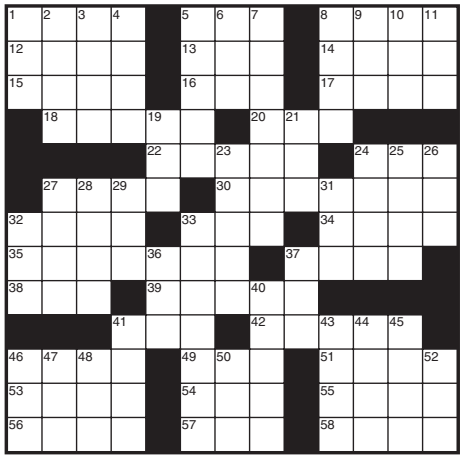
He said, "You become an ambassador to a small country. Bond is an industry.

"You make your pact with the devil. You know that it will follow you. But you just hope you get yourself off the ropes. I have no bitterness but I just feel exhausted by it."

METRO NEWS SERVICES

Former American Idol contestant Kristy Lee Cook has inked a deal with 19 Recordings/Arista Nashville for an album debut, with her first single, 15 Minutes Of Shame, already getting an Aug. 11 release date. **E! NEWS ONLINE**

take five



Crossword across

1 Let slip
5 Ancient
8 Deep-voiced lady
12 Fat cat's friend
13 Kind of jacket
14 Cash, in Pretoria
15 Remove the rind
16 Long-tailed animal
17 Dove shelter
18 — — face (grimace)
20 Contented sigh
22 Spook
24 Diner coffee
27 Furry red Muppet
30 Wildflower habitats
32 Russian mountains
33 Faced
34 Luau strings
35 Junk mail
37 Unlucky time
38 Naval off.
39 Lax
41 — -de-sac
42 Window sill
46 Hunter's need
49 Ms. Thurman
51 Gutter site
53 Captain's command
54 Hoss, to Ben
55 Dueler's weapon
56 Opening
57 Cask
58 Gratuity

Crossword down

1 Summit
2 Imported cheese
3 Milan money, once
4 Onion cousin
5 Ms. Winfrey
6 Grassy field
7 Computer file (2 wds.)
8 Cats do it
9 Philosopher — -tzu
10 High explosive
11 Keats opus
19 I, to Caesar
21 — — disadvantage
23 Rolex rival
24 Prank
25 Gets in debt
26 Superman symbol
27 Gusto
28 Back muscles
29 She played Rosemary
31 Lead balloon
32 Queen beater
33 Shellfish
36 Baton Rouge campus
37 DDE's nickname
40 Ringing sound
41 Deal with it
43 Heart-felt
44 Stare at
45 Anon's companion
46 Fire residue
47 Electrical unit
48 Wire measure
50 "Simpsons" bartender
52 Cartoon shriek

previous day's answer »

E	L	F	■	V	I	N	C	E	■	A	N	T
D	E	L	■	I	S	L	E	S	■	L	I	E
Y	O	U	B	E	T	■	E	S	C	A	P	E
■	■	K	I	D	■	U	S	E	R	S	■	■
A	P	E	D	■	N	M	■	N	A	K	E	D
D	E	S	■	C	A	P	S	■	W	A	D	E
O	K	■	A	T	R	I	U	M	S	■	G	E
P	O	D	S	■	C	R	I	B	■	M	E	R
T	E	A	C	H	■	E	T	■	J	A	D	E
■	■	B	O	A	R	D	■	F	A	R	■	■
S	U	B	T	L	E	■	B	A	N	K	E	R
A	T	E	■	L	U	X	O	R	■	E	R	A
G	A	D	■	S	P	I	N	E	■	R	E	P

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This day in history

JULY 2, 1698: Thomas Savery patented the first steam engine

JULY 2, 1937: Amelia Earhart and navigator Fred Noonan disappear over the Pacific Ocean while attempting to make the first equatorial round-the-world flight.

JULY 2, 1947: An object speculated to be a UFO crashes near Roswell, New Mexico, though the United States Air Force claims it is a weather balloon.

JULY 2, 1962: The first Wal-Mart store opens in Arkansas.

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A dangerous task will crush frustration. A brave man faces the mystery in his reality. A conscience might cause a bad reaction.

TAURUS
APRIL 21-MAY 21
Your politeness gets you emotional support. Reluctance can be dealt with. Those who are thwarted will challenge everything.

GEMINI
MAY 22-JUNE 21
It's time to search for more fun. Don't bicker with a loser. A bandit will suffer from a case of mistaken identity.

CANCER
JUNE 22-JULY 22
A passionate person has fine talents. Don't shed tears for a dreamer. A tale reminds you of something.

LEO
JULY 23-AUG 23
You become aware of special circumstances. A person painfully finds out the truth. A challenger fails to appeal to others.

VIRGO
AUG 24-SEPT 22
Leaders will want to get everything on paper. The past will become your future unless changes are made. Avoid a scam artist.

LIBRA
SEPT 23-OCT 23
Find a reason to laugh with your friends. Don't accept someone's negative despair. You'll win something if you stay alert.

SCORPIO
OCT 24- NOV 22
Don't try to manipulate a romantic person. A former foe wants to visit you. Try to appear to be more fastidious.

SAGITTARIUS
NOV 23- DEC 21
Important info comes from an obscure dream. A sincere person affects your choices. Be on your best behaviour all day.

CAPRICORN
DEC 22-JAN 20
Enchantment will clear out the cobwebs of your heart. Spicy thoughts will lead to a lecture. A phone call leads to a truth chat.

AQUARIUS
JAN 21-FEB 18
Restful moments can be found, but not in company. Keep your secrets to yourself. A complicated person will pay you back.

PISCES
FEB 19-MAR 20
Don't become a stickler for details. Breathe in the air of freedom by releasing yourself. Taking time off will work wonders.

		4	3		6			
	6					7	1	
3	8				9	5		
8		9	4				6	
				6				
	4				8	1		2
		3	6				8	4
	2	1					5	
			5		7	2		

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

8	7	6	2	3	5	1	9	4
4	3	2	1	9	7	6	8	5
5	1	9	6	8	4	3	2	7
3	6	8	9	7	2	5	4	1
2	4	1	3	5	8	9	7	6
9	5	7	4	1	6	2	3	8
1	2	4	7	6	9	8	5	3
7	8	3	5	2	1	4	6	9
6	9	5	8	4	3	7	1	2

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Ottawa weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Thursday	Friday	Saturday
Partly cloudy. 27°	90% Showers. 17°	80% Showers. 22°/ 11°	Mainly sunny. 23°/ 14°	Sunny. 25°/ 16°

Temperature Normals
High: 25.8°
Low: 14.4°

Records
High: 35.6°/1963
Low: 7.8°/1950

Sunrise: 5:19 a.m.
Sunset: 8:53 p.m.
Moonrise: 4:16 a.m.
Moonset: 9:03 p.m.

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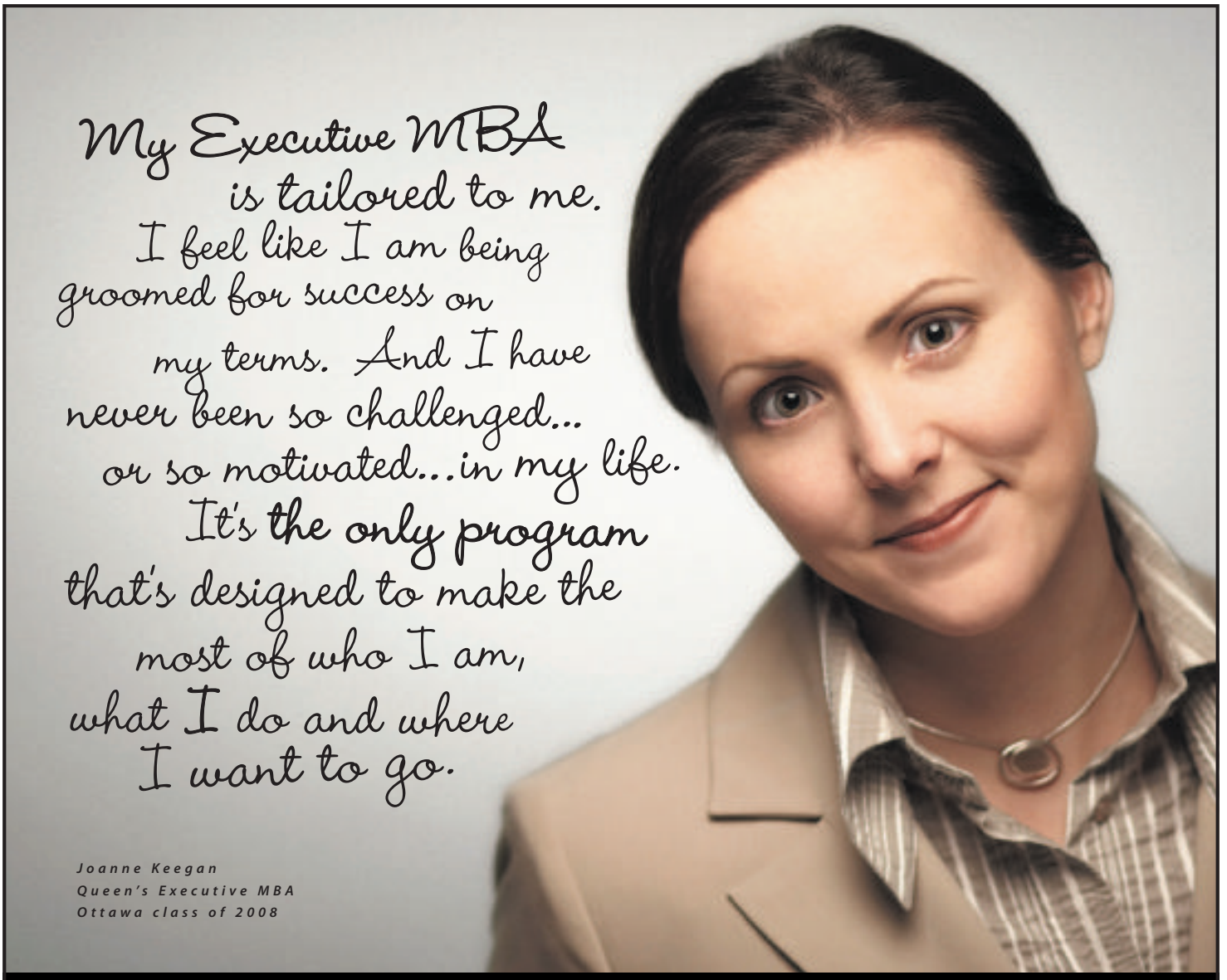
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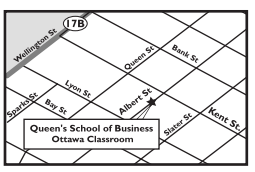
INFORMATION SESSIONS

Reservations are appreciated

Ottawa

Thursday, July 10
12:15 - 1:15 p.m. (lunch provided)
or 5:30 - 6:30 p.m.
Queen's School of Business
Ottawa Classroom
Constitution Square
350 Albert Street, Suite 220



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